

East County Run Club

The new East County Run Club is now forming and we're looking for new members. By participating in scheduled runs, led by experienced coaches, the East County Run Club can help you prepare for your next 5k or 10k race, or simply assist you in meeting your health and fitness goals. All levels are welcome. Are you interested? Our kickoff meeting will be Tuesday, January 4th at 6:30 pm at the Lakeside Community Center. Contact Brandon (619-443-9176, brandon.schroeder@sdcounty.ca.gov) or Lee Ann (619-368-9944, leeannyarbor@cox.net) for more information.



Zumba

Zumba is the Latin inspired, easy to follow, calorie burning, feel it to the core, fitness party. You will get a marvelous workout and condition all muscles while having fun. Join the party!!!

Days/Times: Mondays – 12:30-1:30 pm
Thursdays – 6:00-7:00 pm

Ages: 13 & up **Fee:** \$6 per class when registering for monthly session or \$7 per class drop in fee. New session every 4 weeks, beginning January 13.

Boot Camp Fitness

Come and see why boot camp workouts have become so popular and add some excitement to your workout routine! These workouts will consist of fun and intense drills that are designed to increase muscle tone, agility, and cardiovascular endurance. Classes will be held outdoors, so dress accordingly. All you need to bring is comfortable athletic clothing and shoes, and a commitment to getting in shape. Are you up to the challenge?  

Evening Sessions:

January 24-March 7, Mondays, 6:00-7:00 pm
March 21-April 25, Mondays, 6:00-7:00 pm

Morning Sessions:

January 26-March 2, Wednesdays, 6:30-7:30 am
March 16-April 20, Wednesdays, 6:30-7:30 am

Location: Patio behind Community Center

Ages: 16 & up **Fee:** \$30 per 6 week session

Libre Self-Defense Academy

We have developed a comprehensive and affordable program. Areas of study include basic self-defense, blocking, striking, escaping from common holds, protecting yourself on the ground, and confronting multiple opponents. Our classes are taught in a positive and constructive

environment. We offer a belt-ranking system, to keep our students motivated.

Instructor: Scott Babb

Days: Mondays & Thursdays

Time: 6:30-7:45 p.m.

Ages: 18 & up **Location:** Main Hall

Fee: \$30/month for one class per week, \$60/month for two classes per week

For registration or more information, email Scott at librefighting@yahoo.com.

Tai Chi

This Chinese martial art promotes health and longevity.

Instructor: Ben Rainer

Days: Tuesdays & Thursdays

Time: 12:00-1:15 p.m.

Location: Moreno Room **Fee:** No Fee

Exercise & Fitness

Days: January 3-March 23 March 28-June 15

Time: 1:15-3:45 pm

Location: Meyer Hall **Fee:** \$10 Register with Instructor.

Walking for Fitness

Dates: January 3-June 16

Days: Tuesday/Wednesday/Thursday

Time: 7:30-9:30 am **Fee:** FREE!

Line Dancing

For all levels of students.

Instructors: Cathie Lopez **Days:** Mondays

Dates: monthly sessions

Time: (beginner class) 6:00-7:00 pm
(intermediate class) 7:00-8:00 pm

Location: Moreno Room **Fee:** \$6 per class

For more information, email instructor at cathie.lopez@gmail.com

Swing Dancing

This class is fun, easy to learn, and creative! Our focus is Swing Dance and Lindy Hop. We will also include Latin Dances - Merengue and Salsa, plus Slo-Dance.

Instructors: Jeff & Judy Kunitz

Days: Thursdays

Dates: January 13-February 3

New session every 4 weeks,
beginning January 13.

Fee: \$35

To Register, call 619-443-2463